

July 2015

CLIFFSIDE PARK RECREATION PROGRAM

LUNCH



ENJOY YOUR DAY WITH A NUTRITIOUS LUNCH!



Nutrition Tip: Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.
Reference: Holick MF. J Nutr. 2005.

Monday

Tuesday

Wednesday

Thursday

Friday



CHICKEN TENDERS
GRAPE JUICE
PLUM
WHOLE GRAIN BISCUIT
1% WHITE MILK

1

BEEF HOT DOG
WILD BERRY JUICE
FRESH NECTARINE
HOT DOG ROLL
LOW FAT CHOCOLATE

2

PROGRAM CLOSED TODAY!

3

HAPPY FOURTH OF JULY!

CHICKEN BREAST AND CHEESE
GRAPE JUICE
PEACH
WHITE BREAD
LOW FAT CHOCOLATE MILK

6

BEEF/CHEESE TACO SALAD
APPLE JUICE
BABY CARROTS
WHOLE WHEAT TACO SHELL
1% WHITE MILK

7

BEEF HAMBURGER
ORANGE/PINEAPPLE JUICE
APPLE
HAMBURGER ROLL
1% WHITE MILK

8

TURKEY/PASTRAMI SLIDERS/CHEDDAR CHEESE
100% FRUIT JUICE
CHERRY TOMATOES
SLIDER ROLLS
LOW FAT CHOCOLATE MILK

9

CHICKEN TENDERS
ORANGE JUICE
FRESH FRUIT CUP
WHOLE WHEAT SOFT PRETZEL
1% LOW FAT MILK

10

HAM AND CHEESE
APPLE JUICE
FRESH WATERMELON
WHITE BREAD
1% WHITE MILK

13

TURKEY BREAST AND CHEESE
ORANGE/PINEAPPLE
CARROTS
WHOLE WHEAT BUN
LOW FAT CHOCOLATE MILK

14

CHICKEN TENDERS
GRAPE JUICE
PLUM
WHOLE GRAIN BISCUIT
1% WHITE MILK

15

BEEF HOT DOG
WILD BERRY JUICE
FRESH NECTARINE
HOT DOG ROLL
LOW FAT CHOCOLATE

16

BEEF & BEAN BURRITO
100% FRUIT JUICE
FRESH BANANA
WHOLE GRAIN TORTILLA
1% WHITE MILK

17

CHICKEN BREAST AND CHEESE
GRAPE JUICE
PEACH
WHITE BREAD
LOW FAT CHOCOLATE MILK

20

BEEF/CHEESE TACO SALAD
APPLE JUICE
BABY CARROTS
WHOLE WHEAT TACO SHELL
1% WHITE MILK

21

BEEF HAMBURGER
ORANGE/PINEAPPLE JUICE
APPLE
HAMBURGER ROLL
1% WHITE MILK

22

TURKEY/PASTRAMI SLIDERS/CHEDDAR CHEESE
100% FRUIT JUICE
CHERRY TOMATOES
SLIDER ROLLS
LOW FAT CHOCOLATE MILK

23

CHICKEN TENDERS
ORANGE JUICE
FRESH FRUIT CUP
WHOLE WHEAT SOFT PRETZEL
1% LOW FAT MILK

24

HAM AND CHEESE
APPLE JUICE
FRESH WATERMELON
WHITE BREAD
1% WHITE MILK

27

TURKEY BREAST AND CHEESE
ORANGE/PINEAPPLE
CARROTS
WHOLE WHEAT BUN
LOW FAT CHOCOLATE MILK

28

CHICKEN TENDERS
GRAPE JUICE
PLUM
WHOLE GRAIN BISCUIT
1% WHITE MILK

29

BEEF HOT DOG
WILD BERRY JUICE
FRESH NECTARINE
HOT DOG ROLL
LOW FAT CHOCOLATE

30

BEEF & BEAN BURRITO
100% FRUIT JUICE
FRESH BANANA
WHOLE GRAIN TORTILLA
1% WHITE MILK

31